

WORCESTER ATHLETIC CLUB OPEN MEETINGS 2026

Nunnery Wood Sports complex, Worcester, WR5 2NL

All Entries online (via opentrack.run)

**SUBJECT TO UKA RULES. The event timings may be refined slightly up to two days before the meeting.
Please check online for final timetable the day before.**

PRIZES **£50 per meeting** for the best single performance in that meeting (**U16 or older, any club**)

& AWARDS **WAC club champs for U18 and above** (best single performance by an athlete over the series)

WAC U16 and above – £50 and trophy: best performance compared to PB across the series

Saturday 18th April **(PHOTO-FINISH for the April meeting)** **The Simon Tansell Open meeting**

Track			Field (EDM on all long throws)		
11.30	70m Hurdles	U12G (1 race)	11.30	PV	U12 and above
11.40	75m Hurdles	U12B, U14G (2 races)	11.30	Long Jump	U12 and U14 (LJ pool 1) (4 trials)
11.55	80m Hurdles	U14B,U16W,W40+ (2 races)			
12.10	100m Hurdles	U16M,U18W,U20W,SW, W35, M50+ (1 race)	11.30	High Jump	U12 and above (0.90m opening ht.) (5cm to 1.05, 3cm thereafter)
12.20	110m Hurdles	U18M,U20M,SM,M35,M40 (1 race)	13.00	Long Jump	U14 and U16 (LJ pool 2) (4 trials)
12.35	75m	U12 (2 races)	13.30	Javelin Throws	U12 and above (4 trials)
12.50	800m	U14 and above ^{NOTE A} (8 races)	14.00	High Jump	U12 and above (1.30m opening ht.) (5cm to 1.50, 3cm thereafter)
13.45	150m	U12 (3 races)	14.30	Long Jump	U16 & above (LJ pool 3) (4 trials)
14.00	600m	U12 (2 races)	14.45	Shot Putt	U12 and U14 (3 trials)
14.15	200m	U14 and above (7 races)	15.30	Discus Throw	U12 and above (4 trials)
14.55	300m	U16M, U16W (3 races)	16.00	Triple Jump	U16 and above (4 trials) Minimum Board 5m.
15.15	400m	U18 and above (4 races)	16.00	Shot Putt	U16 and above (4 trials)
15.40	1500m	U14 and above ^{NOTE A} (3 races)	17.00	Finish Field	
16.05	100m	U12 and above (8 races)			
16.55	Finish Track				

Thursday 25th June **(PHOTO-FINISH for the June meeting)**

Track			Field (EDM on all long throws)		
6.20 pm	400mH	U18 and above (1 race)	6.30 pm	HJ	U12&above (1.31m opening height)
6.35 pm	300mH	U16 (1 race)	6.30 pm	Long Jump	U12, U14 (4 trials)
6.50 pm	200mH	U12, U14 (1 race)			
7.00 pm	100m	U12 and above (8 races)	7.45 pm	HT	U14 and above (4 trials)
7.40 pm	400m	U18 and above (3 races)	8.00 pm	HJ	U12&above (0.91m opening height)
7.55 pm	4x800	record attempt (1 race)	8.00 pm	Long Jump	U16 and above (4 trials)
8.10 pm	300m	U16 (2 races)			
8.25 pm	1500m	U14 and above (3 races)			
8.50 pm	150m	U12 (2 races)			
9.00 pm	200m	U14 and above (5 races)			
9.20 pm	Finish track		9.36 pm	Sunset and field close	

Tuesday 4th August **(PHOTO-FINISH for the August meeting)**

Track			Field (EDM on all long throws)		
6.30 pm	150m	U12 (2 races)	6.30 pm	JT	U12 and above (4 trials)
6.40 pm	600m	U12 (1 races)	6.30 pm	HJ	U12&above (0.92m opening height)
6.50 pm	200m	U14 and above (6 races)	6.30 pm	Triple Jump	U16 and above (4 trials)
7.20 pm	800m	U14 & above ^{NOTE A} (6 races)	8.00 pm	HJ	U12&above (1.32m opening height)
7.55 pm	400m	U18 and above (3 races)	7.45 pm	Long Jump	U14 and above (4 trials)
8.15 pm	300m	U16 (2 races)			
8.25 pm	1500m	U14 & above ^{NOTE A} (2 races)			
8.45 pm	100m	U12 and above (8 races)			
9.20 pm	Finish track		8.57 pm	Sunset and field close	

NOTE A U12/U14 may only compete in one of these events in any one meeting.

U12/U14/U16 may not compete in more than 3 events in a meeting.

All entries via opentrack.run.

Entry fees per athlete:

Senior/U20	£11.00 for first event, £3 per additional event
U18/U16	£9.00 for first event, £3 per additional event
U14/U12	£7.00 for first event, £3 per additional event

The above timetable shows the earliest start times. The number of entrants will be controlled via the entry system and the timetable has been developed with these numbers in mind, but unexpected events during the meeting may cause delays on the day. Events held under UKA rules.

Enquiries to: info@worcester-ac.co.uk

Web site: www.worcester-ac.co.uk